



Sadness

1 Look at the picture on pages 30 to 31 of the EMOTIONARY and answer the questions.

● What has happened?

● How do the characters feel?

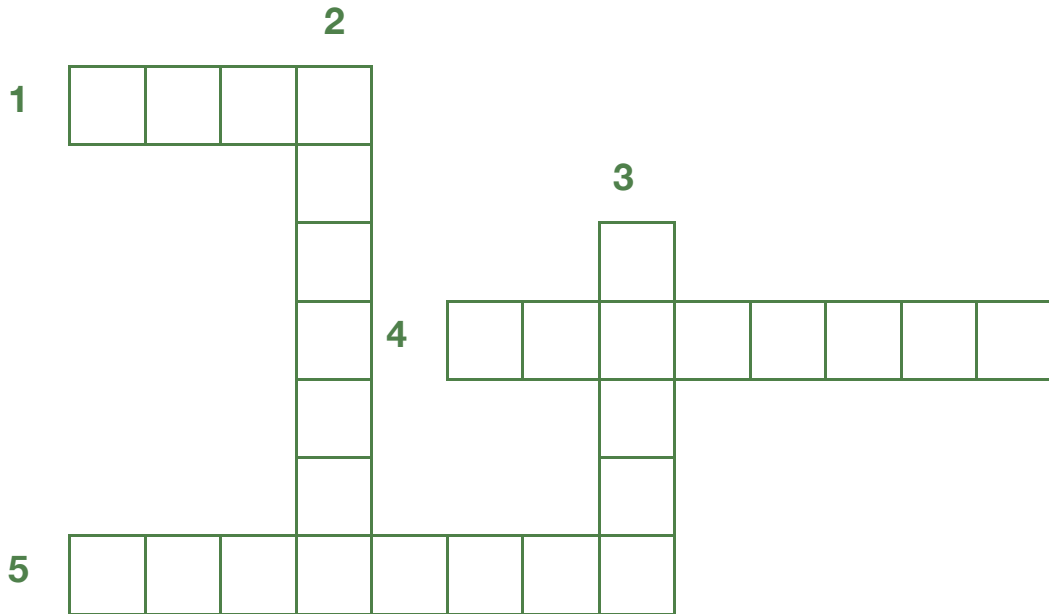
● How can you tell?



2 Underline the words related to **sadness** and write some more words of your own below.

peacefulness tears loss emptiness
 shock satisfaction sorrow sleepiness

3 Read the definitions and complete the crossword puzzle with words from the text on page 30 of the EMOTIONARY.



- 1** the way you are feeling
- 2** when something becomes smaller, fewer or less
- 3** the energy or motivation to do something
- 4** a noun that comes from 'strong'
- 5** the feeling of being hungry; of wanting to eat

4 Complete the sentences about the text on page 30 of the EMOTIONARY.

- Sadness is a general decline in _____.
- When we are sad, we may lose _____
_____.
- It's normal to feel sad when _____
_____.

5 Tick the sentence in which **let down** is used correctly.

- Dora let Mary down when she accepted her invitation to sleep at her house on Saturday.
- Dora let Mary down when she wanted to sleep at Mary's house on Saturday but Mary said she didn't fancy it.
- Dora let Mary down when she had planned to sleep at Mary's house on Saturday but then changed her mind.

6 Now say what **let down** means in your own words.

7 In the text it says that sadness is **like a grey veil that can shroud our life**. Draw a picture of what you imagine when you read this sentence.

8

Speak to a friend or member of your family about sadness, then write down three things that make you both sad.

● How can you overcome **sadness**?

9

Sadness can be accompanied by other emotions. Think about situations in which you might feel these emotions:

sadness + excitement → moving to a new town

sadness + embarrassment → _____

sadness + remorse → _____

10

Put the letters in the correct order to find a solution for **sadness**.

T O C S O N A L I O N

